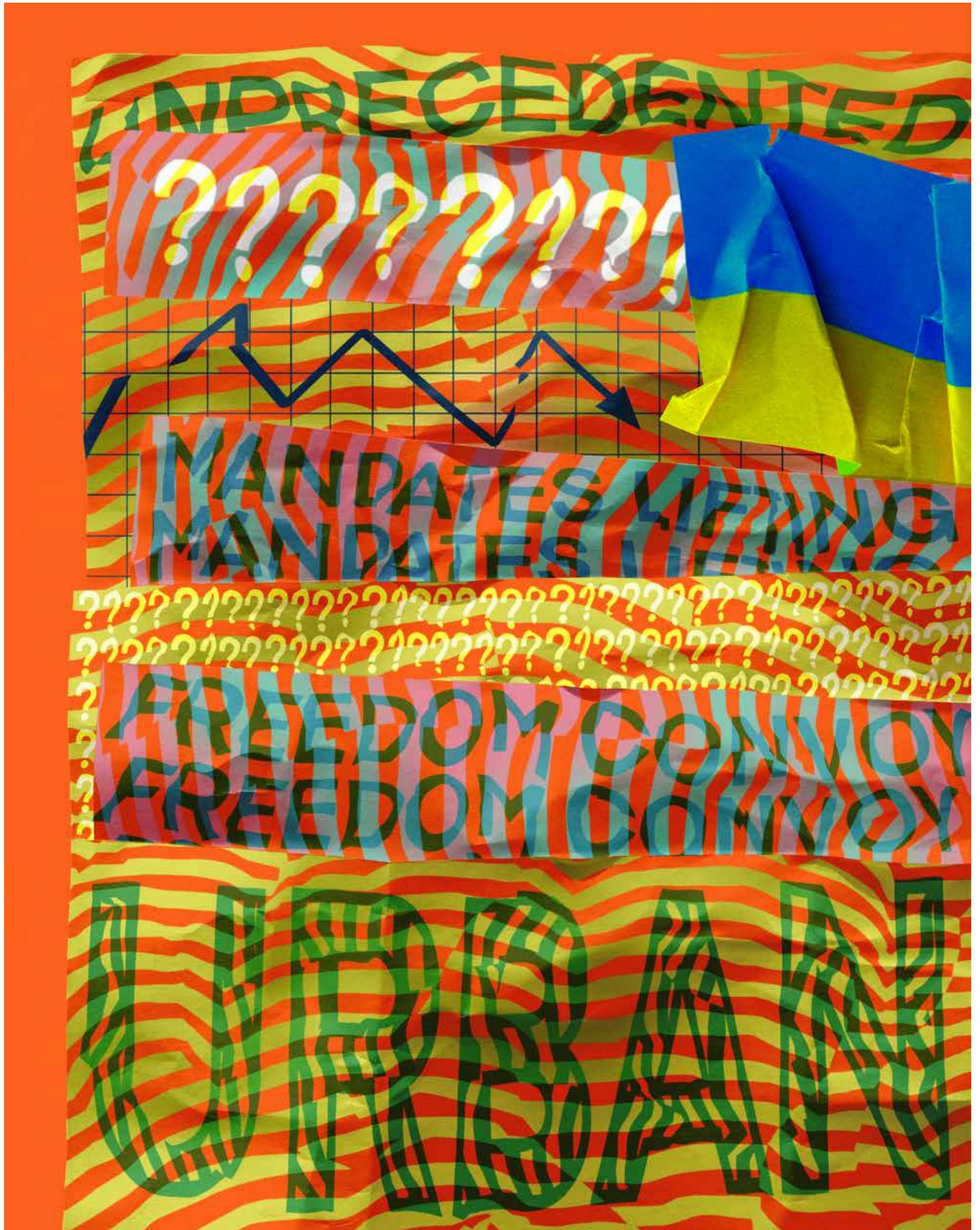


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THE URBAN ISSUE



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ON THE COVER

Hanna Reimer is a multidisciplinary artist from Treaty 1 who graduated with honours from the BFA program at the School of Art, University of Manitoba. Texture, pattern and hands-on processes are important in her work, which has previously taken the form of experiments with fabric, screen printing, digital art and painting. Their recent work pushes back and forth between analogue and digital art, and how putting an image through a deteriorating process legitimizes the mistakes it already had. Her work can be found on Instagram @hannaclare and hannareimer.com.



SUPPLIED PHOTO

Local rapper Beatox is one of many musicians who have found a new creative outlet through social streaming platforms like Twitch or TikTok. Read more on page 5.

THE AGE OF UNCERTAINTY

THOMAS PASHKO
MANAGING EDITOR

  THOMASPASHKO

Well, folks, here it is! Another year, another volume of *The Uniter* comes to an end. It's always bittersweet when we wrap up a publishing year. But it's also fun, because our final weekly issue of the year is one of our biggest: the Urban Issue!

Every year, we choose a theme for our Urban Issue through which we will examine the topics, people and forces that confront Winnipeg and Winnipeggers. This year, our theme is "The Age of Uncertainty."

Over the last two pandemic years, many of us have grown tired of the cliché "in these unprecedented times ..." But with the lifting of COVID restrictions despite rising case numbers, an unstable global economy and Russia's invasion and possible genocide in Ukraine threatening a generations-long international order, it's safe to say that this time is pretty un-frickin'-precedented.

We at *The Uniter* were curious to look at this at the local level. How are local people and organizations dealing with the fact that we won't be going back to some pre-COVID version of "normal?" From the cautious return to in-person festivals to confronting a collective mental-health crisis, from the changing arts landscape to governments' attempts (or lack thereof) to control the pandemic, from transitioning during COVID to the meaning behind our lockdown streaming series obsessions, we've got some perspectives.

Thank you for being there for us and reading our work during a long year that's been difficult for so many in this city and around the world.

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Submissions of articles, letters, graphics and photos are encouraged, however, all new contributors (with the exception of letters to the editor) must attend a 45-minute volunteer orientation workshop to ensure that the volunteer understands all of the publication's basic guidelines.

In-person volunteer orientations are currently suspended due to COVID-19, but over-the-phone and remote orientations can be arranged. Please email volunteer@uniter.ca for more details.

Deadline for advertisements is noon Friday, six days prior to publication. The Uniter reserves the right to refuse to print material submitted by volunteers. The Uniter will not print submissions that are homophobic, misogynistic, transphobic, ableist, racist or libellous. We also reserve the right to edit for length/style.

SOCIAL DIAGNOSIS

TikTok algorithm flooding users with mental-health content

REBECCA DRIEDGER | ARTS AND CULTURE REPORTER | [TWITTER](#) [INSTAGRAM](#) REBECCADRIEDGER

Since TikTok's rise in popularity, many have applauded the algorithm that feeds viewers content tailored to their interests. With more popularity comes more content covering different topics and specialists who have found a space to educate others, including through videos talking about mental health.

Emmalee Blackadar, a recent graduate from Red River College Polytechnic, found she saw an increase in videos about ADHD and anxiety on her For You Page over the course of the COVID-19 pandemic.

The For You Page (FYP) is one of two spaces to see content on TikTok. It shows viewers videos and ads that may or may not be from people they follow but is created "For You" — or at least for individuals interested in the same things.

"I was in counselling and looking into ADHD and anxiety. Then I started getting more videos about them," Blackadar says. "My FYP was filled with 'put your finger down' videos on ADHD and anxiety."

TikTok thrives on users following trends, sometimes with a twist. The "put your finger down" trend came from the game *Never Have I Ever*, where the viewer, or listener, puts a finger down when they have indeed done something or had

the experience stated.

This trend turned from sharing average life experiences to a way to self-diagnose mental or physical disorders.

"I already thought I had ADHD or anxiety due to experiencing some of the symptoms. The videos made me want to find a concrete answer about what I was experiencing," Blackadar says.

"I think that it's great that conversations are taking place on social media about mental health. This helps destigmatize mental-health conditions and raise awareness," Emily Mendez, a mental-health author and expert, says. "However, there is also a ton of misinformation. I have read many social-media posts and watched TikTok and YouTube videos where the information presented was completely wrong."

Mendez founded Priceless Copy, a creative agency focused on online mental-health and wellness content. She mentioned that some of the erroneous content can receive thousands of likes and views, which may be harmful.

"I think it's really important for creators to avoid making claims about mental-health issues that they are not familiar with," Mendez says.

She stresses that both psychology and mental health are complicated, which is



ILLUSTRATION BY REBECCA DRIEDGER

why therapists and psychologists receive so much training.

"There is a lot of really great information on mental health being provided by professionals in the field. I do recommend following accounts by creators who have credentials in mental health," Mendez says.

"But, it's really important to remember that TikTok, Twitter or Instagram (do

not equal) therapy. Even if the information presented is factual, it might not be helpful to the person's specific situation. Anyone who is concerned about their own or a family member's mental health should talk to a mental-health professional who can help them."

BACK AT IT AGAIN

Winnipeg festivals make a comeback this season

REBECCA DRIEDGER | ARTS AND CULTURE REPORTER | [TWITTER](#) [INSTAGRAM](#) REBECCADRIEDGER

After two years of sitting on the edge of their seats, waiting to hear whether or not they could be hosted in person, festivals all over Winnipeg will finally return.

Local festivals like Folk Fest, Comedy Fest, Jazz Fest and Fringe Fest pivoted and tried their best to entertain during the COVID-19 pandemic amid public-health restrictions. Now that Manitoba's restrictions have been lifted, they were given the green light, and organizers are rushing into planning mode.

"I think just coming out of, you know, the last two years, it's not going to be the traditional festival as we knew it. There's probably going to be a bit of a transition year," Chuck McEwen, the executive producer for the Winnipeg Fringe Theatre Festival, says.

"Our goal is to have a fully in-person festival and provide all of the same performance activities indoors and outdoors as we last did in 2019. We may even add a few new activities."

Most of the festivals have been preparing for their big comebacks, and some, like CURRENT Winnipeg, are excited to finally host audiences for the first time. However, this also means learning to deal with the logistics of operating in person during a pandemic.

One of the barriers these festivals have had to face is the ever-changing restric-

tions from the province.

"For two years, things have been locked down with theatrical venues closed. In the fall, restrictions were lifted such that we could do sort of a small, scaled-down festival with ... limited seating and that kind of thing. And now the province has opened everything back up, so that theatres are (at) 100 per cent (capacity)," Dean Jenkinson, the artistic director of the Winnipeg Comedy Festival, says.

Not only have theatrical venues opened and closed periodically throughout the last few years, but mask mandates, proof of vaccination requirements and gathering limits have caused these festivals to reevaluate their program structure and how they could bring everyone together once again, safely.

"We learned a lot from the last two years, where we were able to innovate and move online to continue to showcase our amazingly talented Winnipeg artists to a new and diverse audience. This kind of innovation and learning has led us to a new yet familiar place where the focus is on music and the joy of discovery," Laura Friesen, Jazz Winnipeg's marketing and communications manager, says in an email to *The Uniter*.

What these festival organizers want most is to reconnect with the communities they created prior to the pandemic.



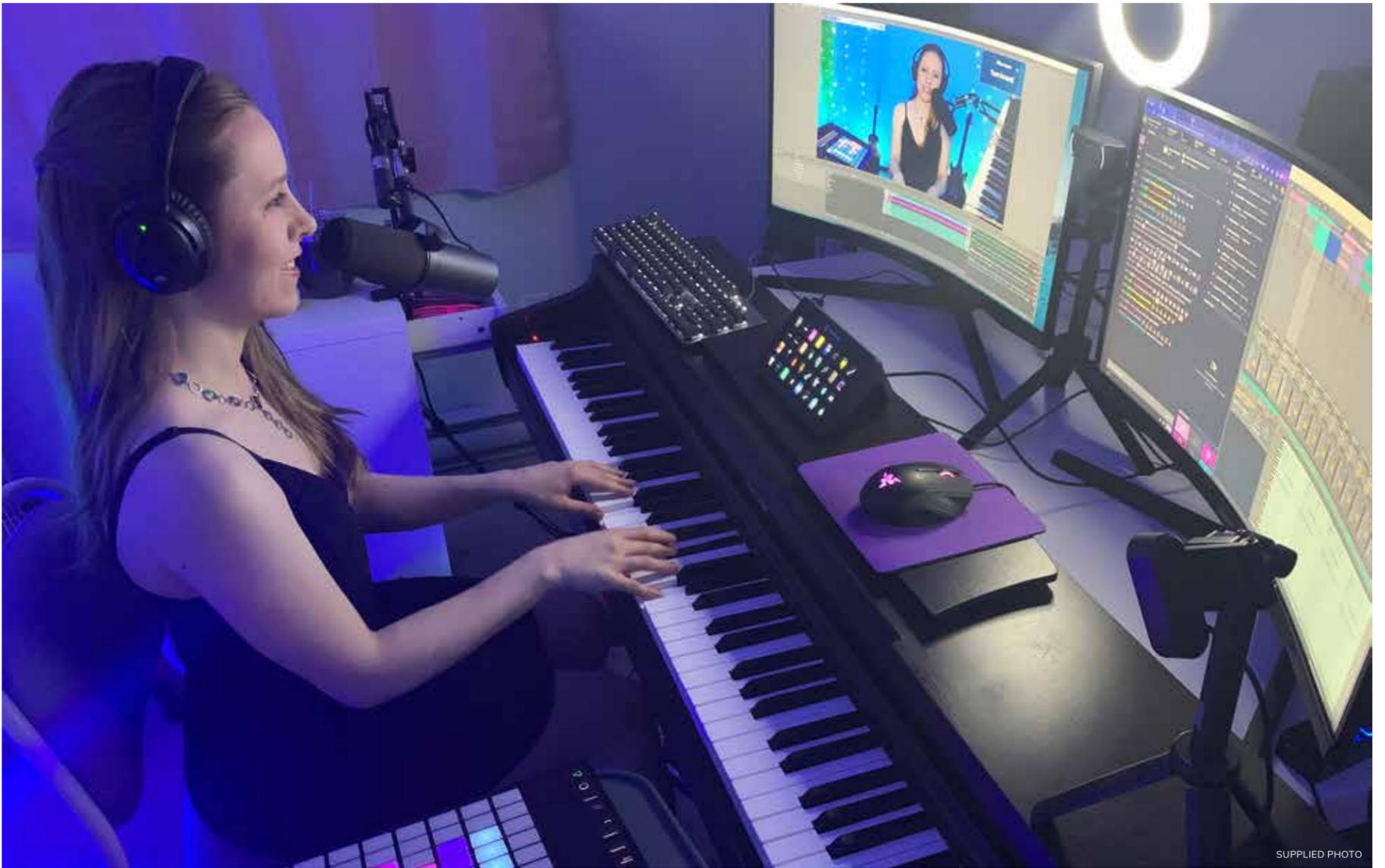
LEIF NORMAN (SUPPLIED)

The Winnipeg Fringe Theatre Festival, like other local festivals, is returning to in-person events, but the province's ever-changing approach to COVID-19 is a potential stumbling block.

"We've gone through a strategic review as an organization, and this year's festival signals a return to our jazz roots and the core ethos that jazz embodies," Friesen says. "In short, we're going to highlight the best of jazz and are looking forward to reconnecting with our community to celebrate the start of the summer."

One thing is for certain: the expansion

of digital programming, which some festivals like the Fringe Festival continue to offer, has made local events much more accessible. Those who don't feel comfortable in large crowds, people who live out of province and others can now enjoy festivals wherever they have an internet connection.



SUPPLIED PHOTO

Musician Gillian Hayek streams live on her Twitch channel. The streaming platform, previously aimed at gamers, has expanded to include music, comedy and other content.

SOCIAL MEDIA CULTIVATES MUSICAL CONNECTIONS

Local artists explore content creation for music promotion

ISABELLA SOARES | ARTS AND CULTURE REPORTER | [BELLASOARES0601](#) [@BELLA_SOARES16](#)

While established artists benefited from record-breaking streams and online concerts during the COVID-19 pandemic outbreaks, budding musicians had to find ways to reinvent themselves.

Many artists turned to social media to promote their music in creative ways. From shooting TikTok videos of them producing a song to standing in front of a webcam for hours on Twitch streams, artists are now using social media streaming to their advantage.

“We stay awake, create every night.” This an original lyric from rapper/producer Beatox in an Instagram Reels video entitled “Learning How To Live.” For artists like him, learning how to navigate content creation in addition to producing original music has been a way to “learn how to live” in a digital setting.

Beatox made a TikTok account a few months ago during a trip to Europe, after noticing that many emerging musicians were using the platform, too. This casual undertaking became a means of promoting his album *Beatox Experiment* and other production projects.

“I did videos for both TikTok and In-

stagram Reels. With TikTok, I felt like it was more carefree, because I didn’t have a fanbase (on the platform) yet. With Instagram, though, I felt like my videos had to be more polished,” he says.

From no followers on TikTok to upwards of 1,000 at the time of writing, Beatox shares freestyling clips and beat-making tutorials. Although he says he isn’t very knowledgeable about how the algorithm works, he has felt like TikTok and Instagram Reels have been great resources to connect with his audience. Now that the artist received a Canada Council for the Arts grant to work on an album with his mother Rachel Kane, Beatox looks forward to exploring more of what social media has to offer.

“My mom and I received a Canada Council for the Arts grant for an album that I am working on with her. Part of it is for the production side, while the other is for marketing. We will be exploring TikTok and Instagram to get our music out there, but to also show the behind-the-scenes process,” he says.

Aside from short-video content creation, some artists are also engaging in Twitch

streaming. The platform (with over 140 million active users in 2022) was originally predominantly a hub for gamers. Now, the streaming medium has welcomed musicians into their streamer clique.

Gillian Hayek, a Winnipeg-based singer-songwriter, praises the experience she’s had so far as a Twitch streamer. The artist has over 1,400 followers and is part of The Collective, a program offered by Twitch to support musicians by putting them together into invite-only groups to build community and make money.

“With anything, when you are starting out, you just figure (it) out as you go. I came in thinking that I had seen a few streams and that I was ready, but I had no idea what I was doing. That only made it more exciting. People love to see growth in there and witness the next big thing,” she says.

On March 30, Hayek was featured on Twitch’s front page through the support of The Collective. Over 47,000 unique viewers watched her livestream when it happened.

“I’m smiling from ear to ear right now just thinking about it. It was wild! The Collective pushed for that to happen. Being on the front page, you have so many people getting in there and having a glimpse of you. You have this small window (of time) to capture their attention, and you have to stay for the full two hours. I felt like that gave me energy,” Hayek says.

Although being active on social media seems like the right move for artists trying to dip their toes into the music industry, Hayek was quick to note that content creation requires dedication.

“Doing the most will give you the most opportunities. Whether that is live performances in person or doing content creation, everything is going to give you a better shot. You have to give it your all,”

she says.

Another emerging local artist weighed in on her experience using Twitch. While Kwiat, a classically trained Métis and Polish chamber-pop artist, shares production and songwriting collaborations online, she also uses Twitch to connect and relate to her followers. Most importantly, the platform has allowed the artist to be herself.

“The best that someone can do, and what I did since the beginning, is to be true to who you are. Really establish your values as a person and what you want to come across in your streaming. I knew I wanted this to be a welcoming and safer space. I am naturally a very goofy person, so I embraced that silly side of me to be authentic,” she says.

Like any other social media or media platform around, there isn’t a guarantee that creators will have a successful outcome with their content. Kwiat emphasizes that Twitch has low discoverability, so relying entirely on the platform to grow an audience can be tricky. The best way to enjoy the experience, she says, is to build lasting connections with followers.

To stand out, she suggests producing on a regular basis and doing things organically.

“When I started to see momentum in my streaming, it was because I had a schedule, and I stuck to it. I was open to suggestions from my community and building off of what they wanted to see,” she says.

Like Beatox, Kwiat also received grants to help her work on her music. She hopes to include her followers on Twitch in her upcoming writing and recording sessions.

Follow Beatox on TikTok @itsbeatox and on Instagram @beatox_. For Twitch streams, follow GillianHayek and Peaceandkwiat.



MATT DUBOFF (SUPPLIED)

‘WE ARE NOT RUINED’

Art in the face of indifference and Godspeed You! Black Emperor

PATRICK HARNEY | VOLUNTEER

In an interview for Ric Burns’ *New York* (1999), urban theorist Marshall Berman discusses the role of graffiti and hip-hop in 1970 and 1980s New York. Berman refers to these forms of expression as proverbial rainbows cutting through New York’s then bleak and derelict landscapes.

To Berman, against the backdrop of urban neglect, artistic expressions are statements that people are continuing to survive in defiance of the decay around them. He sums up his thoughts in the poignant line “We come from ruins, but we are not ruined.”

The music of Godspeed You! Black

Emperor (GYBE), who on March 17 played a show at the Park Theatre, has always attempted to impart a similar message. Despite their dystopian tone, GYBE has focused centrally on the role of hope in the face of an oppressive world. The band’s discography has countless moments where swells of overpowering fuzz are broken through by crescendos that emphasize the beauty that must be held on to.

Much like Berman’s depiction of New York in the ’70s, GYBE’s description of ’90s Montreal is that of a city in decline left to its own devices. Their music is

made in defiance of that neglect and the greater suffering of the world.

I have always perceived clear parallels between these places, Winnipeg and the defiance of artistic expression. Winnipeg is a city that often feels like it is actively being left behind. Despite the seeming indifference of the world, Winnipeg’s citizens press on through creative and collective expressions in a display of the city’s immense spirit.

The uncertainties and struggles of the past couple of years has made GYBE’s catalogue all the more indispensable. With these feelings and expectations, I was left deeply ambivalent following their recent show. It felt as if what I saw as the band’s central message – hope – was lost.

The message of hope was present. The show began with the requisite “hope drone” and ended with projections of natural life, specifically pollination. Beyond these moments, much of the show was filled with imagery of burning forests, police violence, monolithic modern architecture and government secrets. It felt almost gratuitous.

When GYBE started in the ’80s and

’90s, showcasing the evils of imperialism, capitalism and other injustices was very much within the countercultural milieu of the time. Bands such as the Dead Kennedys, Rage Against the Machine or Public Enemy felt they had to open the eyes and ears of their listeners to the injustices of the world to enable them to fight the power.

In contrast to that era, individuals are now viscerally confronted with the realities of the world. What is needed of bands like GYBE today are statements of how people survive in a broken world, find hope or fight back. These messages are present in the music of GYBE, but at their show, this element lacked emphasis. In my mind, the band focused too heavily on the ruins instead of the fact that we are not ruined.

Patrick Harney is pursuing his MA in environmental and social change at the University of Winnipeg, focusing on the relationships between culture, nature, risk and resilience.

ARTS BRIEFS

CIERRA BETTENS | ARTS AND CULTURE EDITOR | TWITTER: FICTIONALCIERRA | INSTAGRAM: CIERRABETTENS

APTN: DJ Burnt Bannock

A new television show produced by Winnipeg-based production company Eagle Vision is coming to APTN lumi. *DJ Burnt Bannock* follows a struggling DJ played by actor Darcy Waite in a sitcom-style series. The show premieres on April 11.

Astral Zeneca at Park Alleys

Local ’60s and ’70s cover band Astral Zeneca will perform at Park Alleys (730 Osborne St.) this Friday, April 8. Doors open at 8 p.m., and the show starts at 9 p.m. Tickets are \$11.30 and can be purchased at bit.ly/38qFvJD.

The art of walking

The *Photowalker* exhibition at cre8ery (125 Adelaide St.) is a collection of photographer Teena Legris’ work, capturing the beauty and authenticity of people on Canadian streets. The show runs from April 14 to 26, and Legris will be in attendance on Saturdays. Visit cre8ery.com for gallery hours.

Folk Fest to announce 2022 lineup

After a two-year hiatus, the Winnipeg Folk Festival will announce its 2022 lineup this Friday, April 8 at 6 p.m. This year’s festival takes place from July 7 to 10. Follow @WinnipegFolk on Twitter and @winnipegfolkfestival on Instagram or visit winnipegfolkfestival.com to be the first to know more.

Neuro-Hilarity

On April 29, join host Adam Schwartz and a program of neurodiverse comics for the Neuro-Hilarity show at the Handsome Daughter (61 Sherbrook St.). The kid-friendly show will take place at 7 p.m., followed by an adults-only show at 9:15 p.m. Tickets to the kid-friendly show can be purchased via bit.ly/3DNi9Gf and at bit.ly/3NScgzW for the adults-only show.

Manitoba Remembers: A COVID Elegy

The Winnipeg Symphony Orchestra is inviting interested Manitobans to a free symphony reflecting on the profound impact of the COVID-19 pandemic. The concert takes place on Apr. 28 from 7 to 8:30 p.m. In-person tickets are available on a first-come, first-served basis (maximum two per person) and can be reserved via bit.ly/3DOFjQk. The event will be live-streamed at bit.ly/3je7Gh4.



SUPPLIED PHOTO

Audrey Dwyer, Royal MTC's associate artistic director, was excited to bring a theatrical mentorship program to Winnipeg, having benefited from similar programs in other cities.

PAIRING 'EMERGING' WITH 'EXPERIENCED'

MTC mentorship program forges unforgettable connections

ARMANDE MARTINE | FEATURES REPORTER | [1MANDE7](#)

For performers, actors and musicians alike, the work lifestyle depends on getting the next gig. There's an uncertainty inherent with these career paths that has only been exacerbated by the COVID-19 pandemic.

Launched in the midst of COVID-19, the Royal Manitoba Theatre Centre's (MTC) mentorship program provides training and experience to people in Winnipeg who are new to the craft, while allowing them to remain in their home city.

"During the pandemic, the theatre was closed in many ways, and we thought it was the perfect opportunity to roll out the program. For a lot of Winnipeg artists, they seek opportunities in training, in employment in other parts of the country," Audrey Dwyer, MTC's associate artistic director and the mentorship program director, says.

Mentees living in Winnipeg are paired with mentors from a different province. The program spans five months, and mentees benefit from 10 virtual sessions with their respective mentors.

Each session lasts one hour. However, Dwyer describes how mentors often, in their generosity, go beyond the 10 hours.

"The mentorship sort of blossoms into a fuller experience. Some mentors invite mentees to board meetings. Some mentees become assistant directors on projects, go over audition material, share scripts or portfolios. Mentors end up transforming and setting mentees on new courses of work," Dwyer says.

Katie German was a mentee last year during the program's initial run. She is Métis and involved in all aspects of theatre

as an actor, director, storyteller, educator, theatre practitioner and playwright.

German has worked in various roles at the Manitoba Theatre for Young People in the past 20 years, currently acting as artistic associate.

Mentees are encouraged to pair with performers who inspire them. German was aware of her partner's career trajectory beforehand.

"My mentor was Yvette Nolan. She does everything in theatre, and that's one of the reasons I've come across Yvette in many different ways. It was someone I really wanted to connect with. She is an Indigenous director, playwright and performer, and she has Winnipeg ties," German says.

Born in Prince Albert, Sask. to an Algonquin mother and Irish immigrant father, Nolan grew up in Winnipeg, where she attended the University of Manitoba. She launched her career at the Winnipeg Fringe Festival in 1990 with her play *Blade*. Today, she is based in Saskatchewan.

With Nolan's support, German felt empowered career-wise. Her mentor was instrumental in helping her discover her own artistic direction. Nolan provided networking opportunities, connecting German with other theatre companies and people.

"She has been integral to my theatre career. She pushed me to think of things in different ways and trust myself, just helped find what my path is. (She was) an ear and someone to talk to and ask questions with no fear. She's very honest, talking about her own life experiences, which was very helpful," German says.

Another mentee who participated in

mentorship last season is Matthew Paris-Irvine, an actor, director and playwright and a graduate of the University of Winnipeg's Honours Acting Program.

Paris-Irvine manages and collaborates with his own company *Out from Under the Rug*, an Indigenous, Black and People of Colour (IBPOC) company currently in residence at the Prairie Theatre Exchange (PTE).

When Paris-Irvine applied for the mentorship program, he was encouraged to request someone he considered an inspiration in Canadian theatre to be his mentor.

"Philip (Akin) had been someone I had looked up to since I decided to do theatre. He was just that person for me. He is responsible for a lot of the development of the Black community theatre in the Toronto area," Paris-Irvine says.

Philip Akin is a founding member of Obsidian Theatre, a Black theatre company in Toronto. Akin has served as its artistic director since 2006. Even in this role, he is known for providing guidance to emerging artists.

Akin was born in Jamaica and moved to Oshawa, Ont. with his parents in 1953 at the age of five. He is now based in Toronto.

Paris-Irvine is effusive in his gratitude for Akin's assistance during the COVID-19 pandemic.

"He ended up being my mentor through an incredibly tumultuous time in my career. I had done this gigantic gig at MTC. He was a guiding force in a very practical sense. I was new to directing, and he was there to show me the ropes," Paris-Irvine says.

According to Paris-Irvine, Akin is an enormous asset, possessing skills and experience as a community leader. The pair spent many of their virtual talking hours on how to better serve the local community but also how to better serve the theatre community abroad now and in the future.

"He's someone who was incredibly forward-thinking, which I very much appreciated," Paris-Irvine says.

Sometimes mentors and mentees stay in each other's lives after the mentorship program ends.

"The theatre community is so small, so

we're all interconnected. I hope I will continue to be connected with Yvette forever. She's amazing and knows what she's doing," German says.

Paris-Irvine feels the continued support from a mentor in one's career is one of the highlights the MTC project provides.

"I still get to talk with him. He sends me photos of his grandkids. It's not something that's just there for a couple of months, it's someone I can connect with for the rest of my days, hopefully," he says.

Dwyer says "Mentors come in with an open mind and thus also benefit from the mentorship experience. Mentees are often of a different age, so they come in with very unique perspectives and lived experiences."

The program director says the feedback she receives from mentors centres around learning new skills in social media or looking at different political viewpoints.

"It's not unusual for a mentor to be surprised by new information. Sometimes mentors have a certain view of the world and a particular way of thinking about art. The mentees, just by nature of who they are, can shed light on a multitude of different subjects" Dwyer says.

Mentorship programs in the theatre industry can be found across Canada, such as The Royal Canadian Theatre Company's Mentorship Program and the Artist Mentorship Program operated by the Black Theatre Workshop based in Montreal.

The Royal MTC is well-served by Dwyer's decades of all-encompassing experience as an actor, director, playwright, teacher, artistic director, facilitator and mentor. Originally from Winnipeg, Dwyer is excited to bring the initiative to this city.

In the past, Dwyer has been both a mentee and a mentor. Having seen the benefits reaped from such a project, she was excited to bring that opportunity to the artistic community in Winnipeg.

"It means so much to have someone who has your back in the theatre. It's pretty profound, the life changes one can make with a mentor. Mentorship is so transformative," Dwyer says.



The Uniter is seeking illustrators and comic contributors

The Uniter is looking for local emerging artists to create illustrations or comics on a volunteer basis.

See your work in newsprint, online and distributed around the city while you enhance your skills.

Contact Talia at creative@uniter.ca for more information.



PHOTO BY KEELEY BRAUNSTEIN-BLACK

UWSA president Kirt Hayer was the subject of three separate complaints to the Elections Advisory Board alleging collusion, discrimination and other misconduct. The UWSA's board is structuring a formal process to address the allegations, which Hayer denies.

WHO REPRESENTS YOU?

UWSA election raises rift between student association and student groups

ALEX NEUFELDT | CITY EDITOR / BY ALEX NEUFELDT WITH FILES FROM CIERRA BETTENS

The University of Winnipeg Students' Association (UWSA) general election has attracted scandal for the past three years, and the 2022-2023 general election was no different. Three complaints to the Elections Accountability Board (EAB) had been made against incumbent president Kiratveer (Kirt) Hayer, who ran for the UWSA presidency unopposed, over the course of the election.

The accidentally sort-of-secret scandals

The first complaint to the EAB was made on March 3 by Kanwalpreet Kaur, who was running for vice-president of external affairs. Kaur alleged that Hayer stated he did not want Jonathan Henderson, the incumbent vice-president of external affairs, to win the election and pressured Kaur to drop out. The EAB suspended Hayer from campaigning for the rest of the election.

The second complaint was made on March 3 by Amy Volvoshanovskiy and Ursella Khan, who are the election campaign facilitators for the UWSA. Volvoshanovskiy and Khan alleged that during the campaign training, Hayer was condescending and disrespectful to them as facilitators and had spoken openly about his dislike of the UWSA.

The third complaint was made on March 7 by Henderson and accused Hayer of "collusion, discrimination and, at the very least, not campaigning in good faith." Volvoshanovskiy and Khan concluded that Henderson was being targeted by Hayer as an Indigenous student and noted that other candidates also did not feel safe with Hayer. The EAB ruled that the result of the presidential component of the election would be suspended until a full investigation could be undertaken.

The full details of the complaints can be read on the UWSA website. The UWSA announced the results of the EAB rulings in brief tweets, Instagram stories and Facebook posts, announcing the first two complaints on March 7 and the third on March 9. The voting period for the UWSA general election began on March 7 and ended on March 9.

Whether the student electorate was able to read the details of these complaints and take them into consideration before voting is questionable, though given that only 769

students voted in the election out of an eligible 9,272 students (the election had an 8 per cent participation rate), this detail is only a small part of a much larger student-engagement issue faced by the UWSA.

Grassroots student representation

After the election passed and the internal EAB investigation began, leaders of student groups started to take matters into their own hands.

On March 16, a coalition of 14 student groups sent the UWSA an open letter arguing that Hayer should be removed from the election. This letter cited both the complaints to the EAB as well as another, a complaint made by former UWSA executive Mahlet Cuff in the 2020 election regarding Hayer targeting the Devote slate candidates and anonymous allegations that Hayer made racist and disrespectful statements on multiple occasions.

The open letter further expressed disappointment in the lack of transparency regarding the complaints from the UWSA and hope that the UWSA would take appropriate action. The full letter can be viewed on the UWSA website. The post linking to the letter stated that the UWSA would address the letter at the March 30 annual general meeting (AGM).

Émilie Rae Hoepfner, co-chair of the University of Winnipeg Neuroscience Student Association, director of the STEM Peer Mentorship Program (SPMP), coordinator of the Queer Student Association and one of the signatories of the letter, says the letter began in the STEM Discord, where students were talking about the complaints and how they were being handled by the UWSA.

"It got to a point where a lot of members from our student groups were speaking up, and we felt that, as execs, we had kind of a choice to make (about) if we would represent them," Hoepfner says.

Hoepfner made a Discord channel for the student-group executives, and membership spread through word of mouth. "We had a huge Discord, a huge chat, and it was very collaborative," they say.

Kiera Pond Augusto, president of the University of Winnipeg Physics Student Association, supervisor and mentor for physics and advanced computer science in SPMP

and one of the coordinators and signatories of the open letter, says the letter was started by Mira Koop, another signatory, over a year ago, but she didn't finish it and passed the draft on to Pond Augusto.

The day before the group was planning to submit the letter, they emailed all of the student groups listed on the UWSA registered student groups page and invited them to the Discord to collaborate on the letter.

Madison Chisolm, co-president of the University of Winnipeg Psychology Student Association, supervisor and mentor for psychology in SPMP and another signatory to the letter, characterizes the UWSA's relationship with registered student groups as "strained."

"During my time as co-president, I couldn't even count how many times I've emailed them to try to figure stuff out to get funding or apply for something," she says. "I hear back maybe half the time, and when I do hear back, it's like a week later."

Pond Augusto says many student-group executives have become intermediaries between the UWSA and students who don't feel comfortable approaching the association. "But they should feel more than comfortable going to the UWSA, never mind that the executives (of student groups) feel uncomfortable going to the UWSA," she says. She cites transparency, especially around UWSA executive salaries and the mechanisms for interacting with the UWSA, as major issues.

Hoepfner notes that there have been "first steps" by the UWSA to improve the relationship between the association and student groups, such as all-executive meetings, but because the UWSA's contact information for many student groups is out of date, some group leaders haven't known about the initiative until they found out from another executive. They also note excessively long processing times, especially around funding matters and group registration requests.

Reza Saker Hossain, vice president of internal affairs, said in an email statement to *The Uniter* that the UWSA takes the letter "very seriously."

"Concerns and opinions of our members are important to us, and we want to listen to them," he says. "Student groups contribute to the UWinnipeg student community in so many positive ways. We want to listen to them and work towards building a stronger relationship."

Notes from the March 30 AGM

The EAB determined that they would uphold the election results and Hayer's presidency on March 24, when they met with the board of directors to confirm their decision. They did not announce the decision publicly until March 30, a few hours before the AGM, where students were directed to bring their concerns regarding the handling of the situation by the EAB.

At the AGM, Hayer made a statement regarding the situation, opening with "as someone in a leadership position, I expect a

certain amount of politics, but this has gone too far." Hayer denied the allegations, said that his mental health has suffered as the process has gone on and said that he hoped the situation would ultimately bring the student community together and that the UWSA would move on to business.

Later in the meeting, there was a discussion circle regarding the letter. Pond Augusto expressed disappointment in the EAB's decision and highlighted that the six-day delay in releasing the investigation result after it had been presented to the board exemplified the UWSA's transparency problem, which some members of the board agreed with.

"It feels like that information was hidden or kept from students in a way that we should not be doing," Clifford Stornel, part-time/mature students director, said.

Saker Hossain emphasized that the concerns raised by students were important, and the board has a responsibility to be accountable to them.

Hayer reminded the attendees that, despite the allegations, 75 per cent of votes had been cast for him (6 per cent of eligible students). Hayer also claimed to have evidence of collusion by other candidates and says he has been seeking legal counsel.

Shawna Pélouquin, community liaison director and former UWSA president for 2020-2021, mentioned that, given the low voter turnout in the election, "part of (the UWSA's) responsibility is to gain the trust of those students so that they have faith in our elections."

Pélouquin noted that, as a former president, she's well aware of how stressful the position can be, but felt that Hayer had not taken this responsibility to gain student trust seriously.

"I have not felt safe in the UWSA this year. My meetings have been tarnished by Kirt reminding me of an election where he was physically following people I was running with, and (at) the last board meeting I was at, I had to be escorted by security, and I have not forgotten that," she said, stating that there had been continued gaslighting of Indigenous leadership in the UWSA. *The Uniter* has not independently verified Pélouquin's claims.

She continued, saying that she "started in student politics really excited to make change."

"I love the UWSA. I love the work that we're targeting and the values we align with, and, unfortunately, I have to close my chapter with the UWSA because I have to put my safety first, and in the past three years, it has been targeted and tainted by individuals actions," she said.

At the end of the AGM, the chair of the board, Anjola Aderinto, noted that understaffing at the UWSA exacerbated the transparency and communication issues around the EAB decision.

The UWSA board has made a statement on their Instagram, saying they will undertake a formal process to address the complaints.

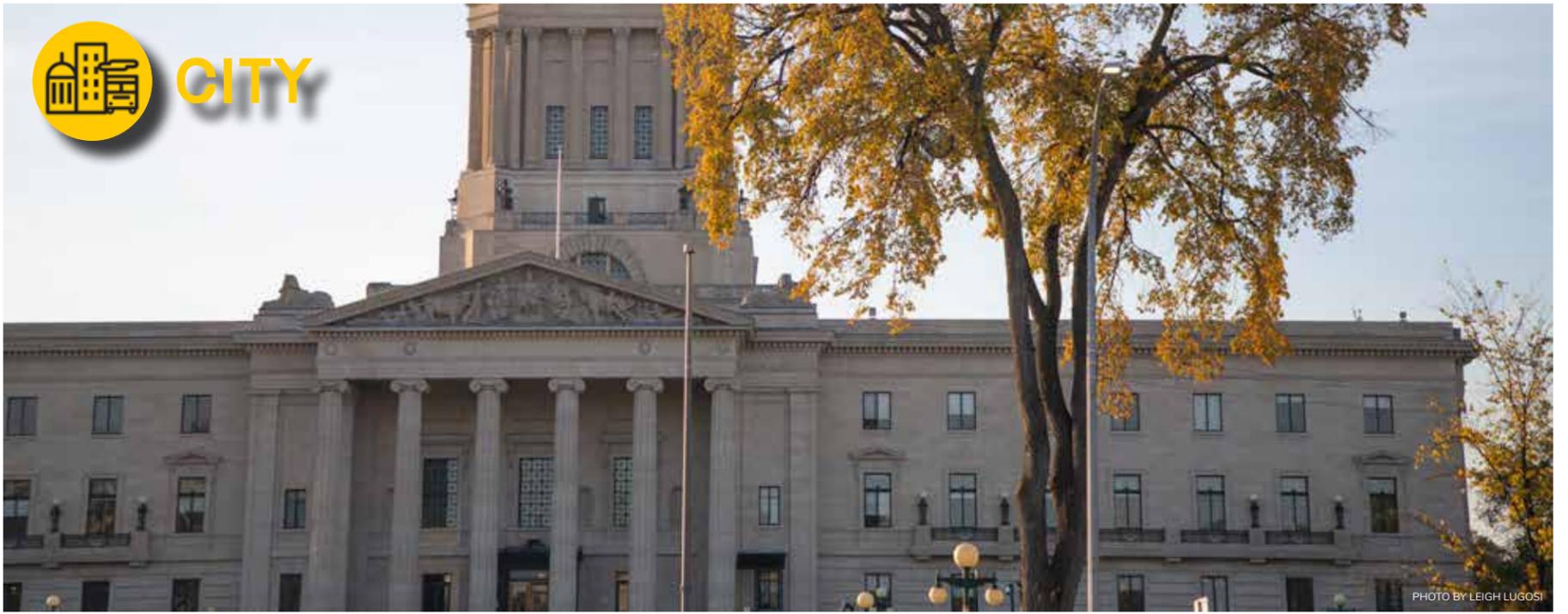


PHOTO BY LEIGH LUGOSI

Government inaction during the COVID-19 pandemic has demonstrated the real-world consequences of bad policy.

SETTING A BAD PRECEDENT

Desperate times call for better policy

CALLUM GOULET-KILGOUR | CITY REPORTER | [CGOULETKILGOUR](#)

More than two years into the COVID-19 pandemic, two things are still true: we live in unprecedented times, and we are tired of hearing “we live in unprecedented times.” Another truism – despite attempts by government officials to suggest otherwise – is that the pandemic is far from over and still claiming many lives.

For many Manitobans like myself who were born around the turn of the century, the COVID-19 pandemic has been the defining global event of our lives (we were too young to be fully cognisant of 9/11 or the global financial crisis). While my generation is impacted by the pandemic’s massive health and economic consequences, the way many political leaders have responded to this crisis will stick with us forever.

Of course, massive societal problems like inequality, climate change and systemic racism existed prior to 2020 and were poorly addressed by governments. However, the pandemic has shown that even governments’ most basic function – protecting their citizens – can so easily be neglected. Furthermore, government pandemic failure has exacerbated many of our pre-existing problems.

Whatever was left of the ever-declining social contract has completely been destroyed by Canadian governments during the COVID-19 pandemic. The message has been resoundingly clear: we are on our own.

This has been especially true in Manitoba.

We have realized that we can no longer rely on the government to provide us with a basic basket of goods and services, including timely surgery, COVID-19 tests, masks and accurate and frequent data to help us make informed decisions.

In March, the Progressive Conservative government ended virtually all public-health restrictions, pivoting to focus on “kindness and compassion.” Most egregiously, individuals who test positive for COVID-19 no longer need to self-isolate.

Libertarians might ask: “Well, why should the government be in charge of public health anyways? Can’t we let individuals make decisions that are best for them?”

Public health, broadly defined, is a classic example of what economists call a public good. Unlike a private good like a smartphone or a burger, public goods are non-rivalrous (one person’s consumption does not prevent another’s) and non-excludable (it is difficult to exclude people from consuming it).

Given these properties, leaving public health to be determined by markets – which is essentially what a “laissez-faire” approach does – will lead to an underprovision of this good. Therefore, there is an unquestionably clear role for governments, even at times when the pandemic is waning.

Unfortunately, the 21st century electorate

in Canada (and, by extension, policymakers), strongly influenced by the propagation of flawed economic thinking, are conditioned to view the absence of government action as the default. However, a government’s choice not to intervene is an active and deliberate policy decision and should be viewed as such.

This bias toward government inaction has permeated the political discourse during the pandemic and has affected policy decisions. For example, politicians and public-health officials have focused much more on how restrictions impacts peoples’ freedom than how a lack of restrictions impact peoples’ lives.

This pervasive libertarian mindset combined with self-justifying clichés (“once-in-a-lifetime pandemic” or “there is no playbook”) has led governments to position themselves as beyond reproach. “Coulda, woulda, shoulda” (or some permutation of the phrase) has been a favourite of the Manitoba PCs, expressed by Premier Heather Stefanson, her predecessor Brian Pallister and newly elected MLA Obby Khan.

While governing during a pandemic is obviously no walk in the park, it is inaccurate to say that politicians have done their best given the circumstances. In Manitoba, for example, doctors wrote many public letters at different stages of the pandemic, calling on the provincial government to do more.

There is a general consensus among public-health experts on how to deal with the COVID-19 crisis, just like there is a scientific consensus regarding the existence of human-caused climate change.

The “age of uncertainty” has really been uncertainty for us, the citizens, rather than for those in power who make decisions. In jurisdictions such as Manitoba, it is the government that controls and has access to so-called public data. Yet, we, the citizens, are somehow supposed to make informed decisions about the ongoing pandemic.

Two years into the pandemic, we’re all

feeling what experts call “decision fatigue.” According to the American Medical Association, this is a “state of mental overload that can impede a person’s ability to continue making decisions” and has become more prevalent during the last two years due to the “added new layers of complexity” to all our daily choices.

With many governments now abnegating even their most public health responsibilities, I fear that our decision fatigue will only increase.

Did any governments do better than ours? Of course, but such comparisons are not necessary to see how Manitoba’s policy response could have been better. While all policy decisions require making tradeoffs between costs and benefits, this provincial government has implemented policies with virtually no benefits, as well as failed to implement policies with virtually no costs.

The list is long. Are there any real costs to releasing epidemiological data, to holding frequent public-health briefings, to requiring individuals to wear masks or to not mandate vaccination for personal care-home workers?

Manitobans of my generation, many of whom were politically galvanized during the pandemic, have witnessed firsthand the damaging effects of mediocre or bad public policy. While I sincerely hope that this has not turned us all into anti-government cynics, this remains to be seen.

Going forward, we must never let “unprecedented” or “uncertain” times be an excuse for government failure. There are too many overlapping crises in our world – ranging from economic, to environmental, to geopolitical – for politicians and bureaucrats to be given a free pass, using the difficult situation they are in as an excuse.

Public policy, because it directly affects citizens’ lives, is simply too important.

CITY BRIEFS

ALEX NEUFELDT | CITY EDITOR

In-person graduation is back

The University of Winnipeg’s spring convocation will happen in person on June 9 and 10. The university will also hold a “Gradapalooza,” a carnival-themed event for alumni who graduated in the Spring 2020, Fall 2020, Spring 2021 and Fall 2021 terms at a later date in June, which has yet to be announced.

Composting gets cash influx

The City of Winnipeg is launching a compost support program, which will provide funding to composting organizations, provide subsidies for low-income residents who would like to participate in compost programs but face financial barriers and assist in developing new composting programs for residents who don’t qualify for current programs.

Understanding C-11

On April 7 at 3 p.m., Creative Manitoba, Manitoba Music, On Screen Manitoba and Coalition Diversité Expressions Culturelles-Diversité Cultural Expressions will hold a community conversation on the Broadcasting Act review and how it will impact Manitoba artists. Register at creativemanitoba.ca.

Honouring Eishia Hudson

On April 8, from 2 to 6 p.m., there will be a gathering at Thunderbird House for the two-year anniversary of Eishia Hudson’s death. Hudson, aged 16, was shot and killed by a Winnipeg police officer. The gathering is open to all and will include drumming and a feast. Attendees may bring gifts to decorate the vigil site.

UW prof receives funding boost for space research

Ed Cloutis, professor of geography at the University of Winnipeg and director of the Centre For Terrestrial And Planetary Exploration, has been selected to receive a grant from the Canadian Space Agency for his leadership on the Mastcam-Z instrument on the Perseverance rover.

Public health directed by private interests

The Manitoba Health Coalition and Manitoba Nurses Union have released a statement calling on the provincial government to remove Brenda Martinussen, COO of Nurse Next Door, from the Shared Health board of directors, stating that as the COO of a private, for-profit healthcare business, Martinussen is emblematic of a healthcare privatization agenda.



ILLUSTRATION BY GABRIELLE FUNK

ONE GREEN CITY

Nihilism isn't activism

ALLYN LYONS | COLUMNIST | [TWITTER](#) [INSTAGRAM](#) ALLYNLIONS

There was a minute when it seemed like my Twitter feed was filled with jokes about the climate crisis.

I saw one about kids not needing to think about what they're going to be when they grow up, because surely by then there won't be a society or future for them. There was one about deleting the baby names from your Notes app because it was unseasonably warm in December. An *Onion* headline read "Latest Climate Change Report Just Heartfelt Farewell Letter Telling Humanity To Remember The Good Times."

I think these tweets are kind of funny, if I'm

being honest. Like, in an "if you don't laugh, you'll have a panic attack" way. But I also wonder if resigning ourselves to a climate apocalypse is harmful, even if it's a joke.

The reality of our situation is that there is nothing we as individuals can do to prevent or stall climate change. None of us can carpool, reusable grocery bag or metal straw our way out of our situation. We need a massive restructuring of how we live as a society.

But who, if anyone, can make that happen?

In 2020, the BBC reported that about 70 per cent of all greenhouse-gas emissions in the past 20 years are attributable to just 100 fossil-fuel

companies. Not only are they major polluters, but some of these companies like Exxon actively worked to hide evidence of climate change and prevent any kinds of regulation.

Even the concept of a person's carbon footprint was made up by the oil and gas company BP in an attempt to shift the blame from the producer to the consumer. Individuals have the least power but are held to fairly high standards when it comes to reducing emissions.

So, if I know individuals aren't to blame, why do the doom tweets rub me the wrong way?

First of all, the people who are likely going to be the most affected by the climate crisis are those living in poverty, not necessarily the people tweeting about the world ending.

If individuals can't make a difference, it doesn't matter that I drive when I could walk, bike or bus. It doesn't matter if our city councilors implement a composting system or better rapid transit. Why would we demand better from politicians or companies if we have resigned ourselves to thinking we are living in

the end times?

Politicians are only going to do the right thing if they're pushed into it by people who care and who know there is still (briefly) time to reduce emissions. Fatalists don't make good activists.

We can't make enough of a difference with our consumer choices, no. But I think there are ways we can work together to demand those in power make changes.

Winnipeg is home to a number of grassroots organizations that push for a better public-transit system, more bike lanes and responsible energy use. Before making a disparaging tweet about the incoming climate apocalypse, consider visiting functionaltransit.com, bike-winnipeg.ca or mbenergyjustice.org and asking what you can do to help.

Allyn Lyons is a graduate of the University of Winnipeg and Red River College Creative Communications program. She likes strong tea and brie cheese.

COMMENTS

A VIRTUAL LOVE STORY

How Wordle helped my distanced, pandemic-fatigued family reconnect

DANIELLE DOIRON | COPY AND STYLE EDITOR | [INSTAGRAM](#) DANIELLEMDOIRON

Even though I hadn't seen most of my American family members in months, I didn't feel homesick until I saw a photo.

It wasn't faces that drew me in, but letters scrawled across the back of a paystub. After solving the morning's Wordle alone, my partner had written out spaces and clues, hangman-style, for his dad to complete. The pair worked together over coffee, aggravatingly solving the puzzle in fewer guesses than I needed.

Josh Wardle, a software engineer in Brooklyn, first created the daily guessing game to decode with his partner. In an article titled "Wordle is a Love Story," *New York Times* reporter Daniel Victor describes the "once-a-day game, which invites players to guess a five-letter word." After entering a guess, "the game tells you whether any of your letters are in the secret word and whether they are in the correct place. You have six tries to get it right."

Wardle launched the game publicly in October 2021, and more than 300,000 people played in early January. A month later, my extended family sat around the dining table and joined them.

We gathered in celebration of my niece's fifth birthday, but her party also marked

one of the first times in two years that we met in person and unmasked. Surrounded by a half-eaten cake, empty glasses and fallen streamers, one by one, we pulled out our phones.

Instead of signalling the end of the night (and prompting scoldings from my nana), this action brought us together. I hadn't yet played the game, but I finally caved and joined the competition. After almost two years without hours-long cribbage tournaments or riddles told over the campfire, we all needed to spend a little more time looking at our screens.

Soon, the "adults" side of the table began recounting top scores, sharing favourite starting words and passing around reading glasses to better see the tiny five-by-six grids. We laughed and teased and started to feel like *us* again.

In an op-ed for *The Los Angeles Times*, self-described "professional philosopher of games" C. Thi Nguyen posits a theory. "Wordle's social energy is what makes it special," he writes. "Those grids give us quick glimpses into other people's minds."

Wordle itself is similar to other board, word and puzzle games like Mastermind and Lingo. "What makes Wordle distinc-



ILLUSTRATION BY GABRIELLE FUNK

tive," however, "isn't the core gaming mechanism but the social life that it enables." Users have the option to share graphics of their daily grids on. Nearly every morning, my homeroom students greet me by asking if I've solved the puzzle yet. And in my family, the game helps us reconnect after years spent mostly apart.

"Each Wordle grid is a neat synopsis of someone's path of action, failure, choice and success. You can glance at it and grasp the shape of the player's struggle," he explains.

"Every day, Wordle gives everyone the same challenge and the same tools to meet

that challenge. When you glance at another player's grid, you can grasp the emotional journey they took, from struggle to likely victory, in one tiny bit of their day. All those yellow and green Wordle grids popping up on our screens give us a steady stream of small communions."

Danielle Doiron is a creative and educator who splits her time between Winnipeg, Philadelphia and small Midwestern towns. Catch them reading, procrastinating or defending the pineapple on pizza.



TRANSITIONING IN THE PANDEMIC

Starting testosterone during a lockdown revealed a different kind of isolation

CHARLIE MORIN | FEATURES EDITOR | @ MILLENNIAL.DIGS

Last week on Transgender Day of Visibility, Statistics Canada posted the 2021 census data on trans and non-binary identities to Twitter. Ironically, since the census is completed by one person of the household – for families, usually a parent – this doesn't account for all the trans and non-binary people whose gender identity was miscategorized, either because they aren't out or because their gender identity isn't respected.

I'm one of the recorded 75,000 people – but for a long time, I wasn't. The COVID-19 pandemic created circumstances that made me more visibly trans.

When I made the decision to start intramuscular testosterone injections in the fall of 2020, several people cautioned me against taking on such a dramatic change in already uncertain times. Their suggestions to wait for stability didn't account for the added discomfort of gender dysphoria to an already galling pandemic lifestyle.

Suicide statistics, when compared with pre-pandemic rates, attest to the fact that quarantine has been especially challenging for the trans community. Social distancing, lockdowns and losing access to communities only exacerbate the systemic disadvantages of being trans.

When the province locked down for the second COVID-19 wave, my anxiety from the general uncertainty and fear caused by the virus was compounded by a worry that access to my injection training or supplies would be cut off. It was no longer a matter of whether now was the right time to start testosterone, but rather of how to navigate hormone replacement therapy within the pandemic.

My isolation during that lockdown in particular was layered. Despite living with supportive family members, both were cis-

gender. Although I regularly spoke with my queer and trans friends, none of them had experience with injecting testosterone. Clinic Community Health wasn't offering a trans-masculine or non-binary support group, and the one that met virtually through the Rainbow Resource Centre gathered once a month on a night I wasn't available.

I had returned to Winnipeg from travels a couple months before the lockdown. With constantly changing public-health orders and the grotesquely transformed restaurant industry where I previously worked, stability seemed like a pipe dream.

The combination of apathy and novelty pushed me to come out at my new job in the spring, around the time the public-health orders started lifting. It's unclear whether it was genuine respect or my new tenor voice that meant I was taken seriously about my pronouns.

The other place I came out was at my gym, where gender is mainly indicated by a binary system of prescribed weights, anyway. Choosing a heavier barbell served as a visual reminder for the others and an affirmation for myself that I was not boxed in by being assigned female at birth, even if it meant loading on fewer plates.

Despite this, isolation had skewed my self-perception. I misgendered myself in French on an application for a summer job because I thought I still presented more female and wanted to minimize confusion at a job interview. As public-health orders fell away and social opportunities ramped up, however, I was surprised to discover that I was consistently identified as male.

Strange men no longer tried to dance with me, and when they started a conversation, it was with a real topic in mind. Girlfriends no longer stood protectively close by as I chatted



ILLUSTRATION BY GABRIELLE FUNK

with their boyfriends. Older men, especially, stopped questioning my credentials and gave me an unwarranted amount of authority, especially in the workplace.

My male-passing body peeled back the veneer on gendered behaviour I hoped didn't exist in 2022. I suddenly felt shielded in a bubble of privilege and reluctant to give up the safety of this position, which brought on a new kind of isolation: not being seen for who I really am.

I continue to out myself when it feels safe, partly because I forget I pass as male but mostly because to say nothing would erase my lived experience.

Charlie Morin is a writer and editor. They identify as a 45-pound barbell and a bean enthusiast of any kind (coffee, garbanzo, soy, etc.). Find him making up interpretive dances and removing Oxford commas.

SCAMMING AND STREAMING

Viewers' obsession with con artists raises troubling questions

JASREEN KAUR | VOLUNTEER

Netflix's scammer series have recently emerged as the new pop-culture trend. *The Tinder Swindler*, *Inventing Anna* and even *Bad Vegan* have been well-received by critics and audiences alike. It seems rather strategic that these documentaries and series based on true stories premiered so close to one another, keeping the audience hooked and wanting more.

Many of these stories have audiences sympathizing with people who were hurt by these scammers. For instance, in the case of *The Tinder Swindler*, the narrative empathy is with the women who were victims of these crimes. Another example from the series *Inventing Anna* is when Anna Delvey (the antagonist) so easily charges thousands of dollars to her friend's company credit card. Some of us may even judge the people who have fallen prey to such activities.

However, an issue arises when people start sympathizing with those who commit these crimes. One can argue that these shows do more harm than good. Rather than spreading awareness, they may help criminals gain Instagram followers. Anna

Delvey from *Inventing Anna* is portrayed in a way that seems to emphasize her business skills instead of simply showing her to be a con artist. She represents a woman with dreams, who was incredibly close to achieving them before she lost it all. One must argue, though, that forging documents and fooling people into paying for expensive shopping habits are not the kinds of talents often associated with entrepreneurs. These scammers truly took "fake it till you make it" to an extreme.

The Canadian Anti-Fraud Centre reported \$380 million lost to fraud in 2021. These stories on Netflix are not decades old but rather recent. Many people use Tinder today, and these swindlers are skilled, with convincing fake identities.

It is safe to say the victims of fraud did not doubt the authenticity of these con artists, since they were so good at providing supporting evidence of their created personas. These shows, while either documentaries or based on real events, seem like works of fiction: a man in a private jet or a woman dressing like she comes from old wealth. In one way or another, these



SUPPLIED PHOTO

Netflix's series *Inventing Anna* is one of several successful new shows on the streaming service dealing with scammers or con artists.

con artists were truly deceiving.

Romance fraud is not rare. The Canadian Anti-Fraud Centre reports that romance fraud was responsible for the second-highest amount of loss in dollars in 2021. The highest overall was investment scams. Evidently, *The Tinder Swindler* doesn't seem to be an independent event. This is a genuine issue in Canada, as well as the United States and other parts of the world. When considering this, these shows may really work in getting their au-

diences aware of the various types of scams that occur on a daily basis.

The extent of these crimes cannot be emphasized enough. It does make me consider what I would do in such situations. Would I offer to cover hotel bills of thousands of dollars for a friend because I trusted them enough to pay me back? Would I take loans in order to provide for my partners? Would I have been any different from the victims in these documentaries?



THE UNIVERSITY OF WINNIPEG

Student Services

Student Services Transitioning to In-Person Service

Departments in Student Services will be starting to offer in-person service in April/May, along with continuing their remote services.

As of April 4, Student Central in the Rice Centre opened for in-person meetings - by appointment only. International, Immigrant and Refugee Student Services (IIRSS) on the 8th floor of Rice Centre opened on April 5 to assist international students. Appointments are strongly recommended.

Other departments in Student Services will also open for in-person service throughout April and early May. All areas are continuing to offer virtual/online options.

For details on each department, please see: www.uwinnipeg.ca/student-services/docs/student-services-handout.pdf

Use the myVisit App

Need some help from staff in Student Central and/or Academic & Career Services? Download the myVisit app today.

The myVisit app enables students to add themselves to a virtual line for a drop-in Zoom session or for an in-person appointment at Student Central.

The app can also be used to book appointments for a Zoom meeting with an academic or career advisor. Appointments with advisors can also be booked through the website: www.myvisit.com.

Klinik Health Services

Klinik on campus is once again available to provide virtual appointments to the University community. For more information, please visit: www.uwinnipeg.ca/student-wellness/health-services.html

Spring Term Registration

Tiered registration continues for Spring Term. Open registration

starts on **April 11**.

The Spring Term begins on Mon., **May 2**, with courses scheduled to start/end on various dates throughout the term. See: www.uwinnipeg.ca/registration/spring-process-and-procedures.html

End of Winter Term + Make-up Days

April 6 was the last day of Winter Term 2022, except for courses that had a class on the first three days of term, which were cancelled due to concern about the surging Omicron variant:

- class cancelled Thursday, Jan. 6 --> make-up class is Thursday, **April 7**
- class cancelled Friday, Jan. 7 --> make-up class is Friday, **April 8**
- class cancelled Saturday, Jan. 8 --> make-up class is Saturday, **April 9**

Winter Term Exams

The examination period is **April 12 - 26**.

For more information, please see: www.uwinnipeg.ca/exam-schedules/index.html

Study Skills Workshops – Spring Term

Study Skills Workshops are designed to improve your learning skills and help you achieve your academic goals. Topics include time management, writing essays, and test-taking strategies.

Organized by Academic & Career Services, the series of six workshops will be held on Mondays, Wednesdays and Fridays from May 9 – 20. Each session is held 9:00 to 9:50 am via Zoom.

Registration in advance is required. For details and to sign up, see: www.uwinnipeg.ca/academic-advising/study-skills-workshops.html

PHONE: 204.779.8946 | EMAIL: studentcentral@uwinnipeg.ca

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6AM	MORNING BREATH	!EARSHOT 20	Cafecito Latinoamericano	Fly Travel Radio ★	FANTASTIC FRIDAY World - Island music	THE MAN IN THE GREY FLANNEL SUIT SHOW	CKU-SPEAKS	
7AM				CANQUEER				
8AM	CKUW MORNING NEWS / FRONT BURNER (CBC)							
9AM	DEMOCRACY NOW!			DEMOCRACY NOW!		WOODEN SPOONS	SHADES OF CLASSICS Classical and New Age	
10AM	DEPARTMENT 13 POP/ROCK	This Way Out WINGS	VOYAGE Jazz	PLANETARY RADIO Cheeze, Please	SUNNY ROAD Roots Music	MUD PUDDLE RADIO For Kids (Adults too)	INDIGENOUS IN MUSIC	
11AM	The Sean Show	BOOTS & SADDLE COUNTRY		ACCESSIBILITY MATTERS	NO FIXED ADDRESS LIVED EXPERIENCES OF HOMELESSNESS	THE ELECTRIC CHAIR	TEMPLE OF JAZZ	
NOON	TALKING RADICAL RADIO	THE GREEN MAJORITY	ALTERNATIVE RADIO	YEARSHOT DAILY	HOW TO SURVIVE A TORNADO		NEON BEIGE SOUND EXCHANGE	
1PM	Truth Before Reconciliation			BINKY PINDER'S FUNHOUSE	GLOBAL RESEARCH NEWS HOUR	THE IVORY TOWER Eclectic Mix	YOU CAN'T HIDE FROM GOD Gospel	
2PM	GROUNDSWELL New Classical	Your Show Here	Classical Kaleidoscope	RADIO ECOSHOCK				
3PM	PSYCLE RADIO	Winnipeg Arena is on Fire		BARKING DOG Past 'n Present Folk 'n Roots	What's Up Winnipeg?	Eclectic Residents	Classical Delights ★	
4PM			SPACE CADET MUSIC, OUT OF THIS WORLD	WHAT ON EARTH IS GOING ON?	Chart Noises CKUW's Top 38	THE TRIP PSYCHADELIC ROCK	The Shortwave Report Bikini Drive-In	
5PM	INNER CITY VOICES	THE GREEN BLUES SHOW	AMATEUR HOUR So Bad, It's Good	PAGES EAT YOUR ARTS & VEGETABLES	PEG CITY PLAYLIST		Jokes On You Local Comedy	
6PM	THE WORLD World	Lost Chunes	TWANG TRUST Country/Roots/Big, Dumb Rock 'n' Roll	TAWNY, THE BRAVE Pop/Rock	THE HOW DO YOU DO REVUE	WE BUILD HITS Hip-Hop	THE C.A.R.P. The Completely Asinine Radio Program	
7PM	THE TONIC Garage, Punk, Surf, and R&R	BLUESDAY PLAYING THE BLUES	S.A.N.E. * RADIO Local Experimental Music	Adult Kindergarten	CHECK CA Funky	RED BOX Hip-Hop	Rank and File Radio: Prairie Edition	
8PM	DESTINATION MOON Sock-Hop-A-Go-Go		Your Show Here	Dub City Steppers	QUADRAFUNK Electric Dance Party		THE GASHLYCRUMB TINES	
9PM	YEARSHOT DAILY	MONKEY SPARROW	Two Princes	PHASE ONE Electronic	Brain Drainer Radio	DANCE HALL FEVER Dancehall and Reggae	ISLAND VIBES Caribbean	
10PM	BREAK NORTH RADIO ★	LISTENING PLEASURES						
MIDNIGHT	METAL MONDAY	NIGHT DANGER RADIO	HURLEMENTS SUR LA TOUNDR	THE WONDERFUL & FRIGHTENING WORLD OF PATRICK MICHALISHYN	MANITOBA MOON	CRYSTAL PALACE	Rainbow Country	
1AM			THE SENTINEL'S MARVELOUS KALEIDOSCOPE				Your Show Here	
2AM	MODERN JAZZ TODAY	The Motherland Influence	DEEP THREES					
3AM	AMPLIFIED RADIO	Old Parlour Radio	CELT IN A TWIST					
4AM								
5AM								
6AM								



- MUSIC
- LOCAL SPOKEN WORD
- SPOKEN WORD
- ALTER-NATING
- WEEK
- Temporary Programming

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12 Some programs are on hiatus and/or airing different content due to university closure for COVID-19.



ILLUSTRATION AND RECIPE BY TALIA STEELE | © ST_TALLICA

CASHEW ALFREDO RAVIOLI

This is a simple weeknight meal you can make in 10 minutes or less!
Making the sauce earlier saves even more time.

1 package of spinach and ricotta ravioli

Sauce

1 cup cashews (I use dry roasted)
1/2 cup water
1/2 cup fresh chopped basil, plus more for topping
3 tbsp nutritional yeast or grated Parmesan cheese
2 tbsp lemon juice
1/2 tsp salt
1/2 tsp black pepper
2 cloves garlic, minced
Handful of arugula or spinach for topping (optional)

1. Fill a large pot with water, add salt and bring to a boil.
2. Once water is boiling, add your ravioli and cook in accordance to the package directions.
3. Blend together cashews in a high-speed blender to develop a powder. (This makes it easier to blend later.)
4. Once the cashews are blended, add the rest of the ingredients and blend on high speed. Scrape the sides if you need to in between blending to ensure all ingredients are mixed together.
5. Drain your ravioli and add your desired amount of pasta sauce. Add desired toppings (I usually add arugula, more nutritional yeast or Parmesan, a bit of chopped basil and an extra sprinkling of salt) and enjoy!



HOROSCOPES

Mercury connects with Saturn on Thursday, April 7, at 9:37 A.M.

There are a lot of conversations that flow to help collaboratively come up with long-term solutions. Agreements are made that everyone can be happy with, or at least it's easy to firmly express standards or expectations.

SOURCE: ASTROLOGY.COM

♈ ARIES

The moon enters Cancer today, heightening your intuition and emotional sensitivities. Unfortunately, an unbalanced aspect between communicative Mercury and the south node could cause you to pick up on the feelings of others, whether you like it or not, which could get a bit heavy. Luckily, the vibe will lighten this afternoon when Luna blows a kiss to sweet Venus, bringing cosmic love and support to the depths of your psyche. Remember to tap into your compassion when it comes to others, but keep in mind that you're not responsible for healing wounds that don't belong to you.

♉ TAURUS

The moon moves into Cancer this morning, dear Taurus, shining a light in the sector of your chart that governs communication. This lunar placement can help you speak from the heart, allowing you to connect with others more organically. This afternoon, your social life could get a bit lively when Luna blows a kiss to Venus, your ruling planet. Take steps to reach out to your loved ones, especially if it's been a while since you've touched base. As the day comes to a close, be sure to nurture your mind with a good book or documentary since you'll be hungry for intellectual stimulation.

♊ GEMINI

Don't feel pressured or rushed to meet the expectations or deadlines of others today, sweet Gemini, as the moon makes its way through watery Cancer. This lunar placement will ask you to nurture your needs and emotions, which could cause you to approach life more slowly. Luckily, you'll manage to find your groove at work this afternoon when Luna blows a kiss to Venus, activating your professional motivation. Allow yourself to unwind this evening with a superior meal, beautiful music, and fine fabrics. This cosmic climate is ideal for tantalizing your senses and perhaps a bit of luxury.

♋ CANCER

The moon moves through your sign today, sweet Crab, encouraging you to shine brightly while putting your needs first. This lunar placement is also poised to boost your popularity, but you'll want to make sure to guard yourself against toxic influences or people who don't have your best interests at heart. Luckily, you'll benefit from cosmic protection this afternoon when Luna blows a kiss to sweet Venus, activating the spiritual center of your chart. These vibes can help you make serious headway in your relationship with the other side, so be sure to engage in a meditative or magical practice.

♌ LEO

You'll feel things deeply today, dear Lion, as the Cancer moon shines a light in the sector of your chart that governs the subconscious. These vibes could inspire you to take a step back from your social life, especially if it's been a while since you indulged in some solitary time. A close loved one is likely to catch on to your mood this afternoon when Luna connects with sweet Venus. Do your best to let down your guard with someone who cares, as it could bring healing to the depths of your psyche that you didn't even realize you needed.

♍ VIRGO

Emotional fulfillment will come through your friendship circle today, dear Virgo, as the moon enters Cancer and your solar eleventh house. These vibes could also inspire you to get more active with your social media accounts, so go ahead and post that cute selfie you've been keeping in your back pocket. This afternoon, romance is likely to find you when Luna blows a kiss to sweet Venus. Someone you thought was just a friend might begin to show romantic interest, so be sure to get chatty with anyone you've secretly held a torch for. If you're currently coupled, use this energy to flirt with your sweetie to help elevate your bond.

♎ LIBRA

The moon moves into Cancer today, dear Libra, shining her light in the sector of your chart that governs career ambitions. This energy is perfect for cultivating relationships with your colleagues and superiors, which can help you make professional headway in the future. This afternoon, a sweet connection between Luna and Venus may inspire you to help others with their workload, but try not to overfill your plate with tasks that don't belong to you. As the day comes to a close, take some time to meditate on your career goals, and be sure to ask the universe for help with these achievements.

♏ SCORPIO

You'll be on cloud nine today, sweet Scorpion, as the Cancer moon shines a light in the sector of your chart that rules spirituality. A sense of compassion and peace will give you an opportunity to connect with the world around you, opening your eyes to synchronicities and small blessings. These good vibes will become super-charged in the afternoon when Luna blows a kiss to sweet Venus. Be sure to connect with your friends during this time, as doing so is sure to fill your heart with plenty of love and gratitude. This is also a great time to get a little artsy, so go ahead and work on any creative projects you've been playing with recently.

♐ SAGITTARIUS

You won't be in the mood for surface-level interactions today, dear Archer, as the Cancer moon illuminates the sector of your chart that governs intense bonds. Though you'll be ready to go deep with your loved ones, try not to push anyone's boundaries if they don't seem ready to share. Sweet vibes will fill the air this afternoon when Luna enters a trine formation with harmonious Venus. This cosmic climate will have you fantasizing about a cozy night at home, so be sure to clear your schedule, so you can snuggle up on the couch with your favorite tv show.

♑ CAPRICORN

As the moon enters Cancer and your solar seventh house, a lightness will fill the air around you today, dear Capricorn. These vibes are perfect for opening your heart and tapping into your gratitude, so don't be afraid to embrace your softer side. You may feel called to whisper sweet romances into your sweetie's ear this afternoon when Luna blows a kiss to Venus, asking you to vocalize your love. These dreamy vibes will follow you into the evening, making it a perfect night for a romantic date night. However, if you're overdue for a self-care night, you should consider giving yourself some TLC.

♒ AQUARIUS

Commit to living well today, dear Aquarius, as the Cancer moon pushes you to nurture your mind, body, and soul. Eating nutrient-rich foods, sticking to a reasonable schedule, and stretching throughout the day are all great ways to work with this energy, especially if it's been a while since you've checked in with your physical needs. However, being mindful of your health doesn't mean you have to restrict yourself. This afternoon, a helpful connection between Luna and Venus will act as cosmic permission to treat yourself, so be sure to indulge in something as sweet as you are.

♓ PISCES

You'll be in a sassy mood today, dear Pisces, as the Cancer moon shines a light in the sector of your chart that rules creativity, ego, and self-expression. Don't be afraid to let your authentic self shine, as people will be receptive to the "real you." This afternoon, romance may manifest when Luna blows a kiss to Venus, blessing your aura with a soft allure. While this energy is perfect for getting a bit of flirting in, it'll be just as vital that you take some time to love and appreciate yourself. As the day comes to a close, look for ways to get creative as the universe pushes you to embrace art.

It's Aries season!

Aries is the first sign of the zodiac, and that's pretty much how those born under this sign see themselves: first. Aries are the leaders of the pack, first in line to get things going. Whether or not everything gets done is another question altogether, for an Aries prefers to initiate rather than to complete.



Do you have a project needing a kick-start? Call an Aries, by all means. The leadership displayed by Aries is most impressive, so don't be surprised if they can rally the troops against seemingly insurmountable odds—they have that kind of personal magnetism.

An Aries sign won't shy away from new ground, either. Those born under this zodiac sign are often called the pioneers of the zodiac, and it's their fearless trek into the unknown that often wins the day. Aries is a bundle of energy and dynamism, kind of like a Pied Piper, leading people along with its charm and charisma. The dawning of a new day—and all of its possibilities—is pure bliss to an Aries.

Dates— March 21 – April 19	Ruling Planet— Mars	Tarot Card— The Emperor
Symbol— The Water-Bearer	House— First	Colors— Red & Mustard
Mode + Element— Cardinal Fire	Mantra— "I Am."	Body Part— The Head

Those born with the war god as their rising, sun, or moon sign have initiatory energy in their core personality, like the power of rebirth in Spring.

As a cardinal sign, the Ram holds the qualities of leadership, making those with Aries in their charts great at pioneering projects, and taking the "front line" in strategies. Natives from this sign can be thought of as the "first responders" of the zodiac that will fearlessly and impulsively spring into action, reacting immediately to, and thriving in crisis or challenges.

Being ruled by Mars, the red planet of war, this sign seems to always be battle-ready, which is important in emergencies where swift action is needed but can be intense in day-to-day life when the stakes are not necessarily that high.



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